

Talks to Mothers

Mrs. Mary Wicks, Editor

The Value Of Mental Discipline

There probably never was a time when intellectual discipline was more greatly needed than it is today. Without it, honest, effective work—to say nothing of great achievement—is impossible. We read a slovenly, ill done book, and we know that it is the product of a slovenly, undisciplined mind; and it may be said, without offending against the great law of charity, that there are many books of this sort. There are many people who are utterly unable even to read good books, but who rest content with the cheapest magazine trash. During the whole course of their lives they are never brought into contact with any real intellectual force. The humblest tasks are poorly performed because neither the mind nor the heart is put into them. Much of the inefficiency that forces itself on us is to be thus explained. Bad housekeeping, poor shop work, indifferent farming, and wretched public service are all, as a rule, due to the unwillingness to take pains. We either do not care, or feel that we are above our tasks, or

cheat ourselves into believing that we could succeed in work never attempted, though we may fail pitifully in the work given us to do—it does not matter. For in all these cases there is a lack of intellectual grasp, with a consequent failure to understand that the best possible preparation for new duties is a faithful performance of the old ones. So we pass from stage to stage, and are never quite fit for promotion when it comes. There are few college professors today who are not complaining—sometimes bitterly—of the lack of preparedness of the young men and women sent to them. And the colleges themselves are each year sending out many who are poorly fitted for the duties of life. Nothing seems to be quite mastered. We postpone hard work till after graduation, and then are surprised and distressed to find that many do not even know what hard work means. Sometimes they learn under necessity, but often they do not. These latter suffer terribly from the mistaken kindness, which is most cruel, of their elders.

Young Folks Department

LITERATURE

By Viola Bolitho, 335 Marion Ave., Grand Rapids, Michigan.

Manuscripts of short stories, poems, essays and etc., (to be written on one side of paper only) will be gladly received for this department.

Plucking Flowers

By Omar W. Russell, Casnovia, Mich.

A mother was lying upon her cozy bed, ill from a fever that had been binding her down for many days. The sunshine played in at the edges of the window shades, which were down, so as to make the light more smooth for her eyes.

Being poor and living where they had no yard, they had no flowers. They had no kind friends to bring in flowers to brighten those long dreary hours that were binding her to her bed.

If she had lain in death, flowers would have surrounded her pale form, but then they would have been useless, as her soul would have been fluttering amongst bounteous flowery pastures. In life and sickness she longed for flowers to brighten her hours and to bring memories of God's greatness everywhere.

Her little girl, who had heard the mother's call for flowers so often, found one as she was coming from school and what joy one little flower will do to one who is struggling to rise back in the great scope of life.

It was only a little flower,
A growing in the vale;
But the good it could do,
Is a merry little tale.

It made the vale merrier
By its presence there;
It glorified the wood,
By its beauty rare.

Then a little child plucked it,
And held it in its grasp,
For a better ending;
No little flower could ask.

But the little child took it;
To its mother wan and pale,
To her it brought more comfort,
Then when blooming in the vale.

It brought her joy and happiness;
Washed away her pains;
Made her glad and merry
While getting well again.

It remained fresh for many days,
And looked on its career with pride,
Then at last with sweet accord,
The little flower withered and died.

In the same way the little girl plucked the little flower in the woodland vale, God plucks flowers in the great valley of life.

In a home where a mother had received the joy of a little one's comradeship, where a mother had cast her love from morn until night over a little one's cares, God in His loving kindness, came and plucked the little flower, but this little flower did not wither and die, but will bloom forever.

Mother sitting all alone;
All the live long day,
No little treasure to gladden her home;
No little one to around her play.

Mother used to be happy
When her little one would say,
I loves 'oo, dear mamma;
In its little childish way.

Now mother is sitting alone
In her home once glad,
The little treasure is gone;
And mother's heart is sad.

Cheer up, mother darling;
Fill your life with the master's love;
And in some brighter moment,
Join your little one above.

True and Tried Recipes

Fancy Work and Cooking for the Season

Fried Chicken, Milk Gravy.

Clean a tender young chicken and cut up for frying. Cook immediately or let stand for 24 hours, placing it on ice. Put a deep frying pan on the stove, put in it enough lard, or equal parts of lard and beef fat to cover the chicken. Sprinkle the chicken with salt and white pepper, then roll in flour. When the lard is very hot put in the chicken, a few pieces at a time, but not enough at once to cool the fat. Cook rapidly for the first few minutes to form a crust, so that the juice will not escape. Then lower the heat and fry to a golden brown, turning frequently. The chicken must not be rare, neither should it be very dry. Frying chicken properly is more difficult than it seems, and great care is needed. There are more hygienic ways of cooking chicken, but if it is fried do it well.

For the gravy—Remove the chicken from the pan as soon as cooked, drain all but four tablespoons of fat from the frying pan, add three tablespoons of flour, brown slightly, then pour in gradually two cups of thin cream or rich milk, stirring constantly, bring gradually to the boiling point, add salt to taste, and a quarter of a teaspoon of white pepper. Strain into a gravy dish and serve with the chicken. A more hygienic gravy may be made by heating the cream or milk in a double boiler, then adding the flour, moistened in a little cold milk, cook for five minutes, season and serve. Add one tablespoon of butter after removing the gravy from the fire.

Shredded Fresh Pineapple.

Select well ripened pineapples, pare and with a pointed knife remove the eyes, cut off the top and bottom, hold firmly and with a silver fork shred the pineapple, sticking the fork in it till it reaches the core, but taking only a small portion each time, when you

have loosened all the pulp, cut it free from the core with a sharp knife. Sprinkle with sugar, mix well and place on ice for one or two hours. If placed directly on the ice pineapple may be prepared in this way the day before it is to be used; put it in a glass preserve jar and screw on the top.

Canned String Beans.

The beans should be fresh and tender, not full grown. Remove the strings and break into pieces, wash and put them in a kettle, cover with boiling water and boil for five minutes, drain, then cool and pack them in jars. Fill the jars firmly, but not quite to the top add one-half teaspoon of salt for each quart of beans, pour in enough clean cold water to fill the jars to the top. Put the rubbers and lids in place and proceed as for beets, boiling them for three consecutive days.

Canning Beets.

For canning select young, tender beets. Cut off the tops about three inches from the beet. Wash thoroughly, put them in a kettle and cover with boiling water; cook until tender. Peel, then cut them in quarters, slice or can whole. Pack tightly in perfectly clean jars, cover with cold water, equal quantities of water and vinegar, or water and vinegar and sugar to taste. Be sure that lids and rubbers fit tight. Put the covers on tightly, arrange the jars on a rack in a tightly covered kettle, pour in cold water enough to come half way up on the jars, place over the fire and bring to the boiling point. Boil for 10 minutes, fasten the covers on tightly and continue the boiling for 40 minutes. Set the jars aside until the next day, then put them in the boiler and boil for one hour, remove again, and cook in the same way on the third day.

Linen Tape Popular Trimming

Kindergarten cloth, 30 inches wide and 25 cents a yard is lighter than galatea and makes stunning middie suits for grown-ups as well as children. A nice serge 50 inches wide can be had for \$1 a yard; galatea 29 inches for 17 cents; English drill, 36 inches, for 16 cents; and khaki, 29 inches, for 25 cents.

For trimmings mercerized ribbed braid at about 4 cents a yard is much used, but cheaper and even more popular is the linen tape bought by the bolt and costing from 5 to 10 cents, according to width, with about 5½ yards to the bolt. For the wool sail or a silk braid is suitable, costing from 6 to 12 cents a yard, though the white linen tape is frequently used. The favorite widths are a quarter or three-eighths of an inch for cotton or linen braids; the silk is used up to three-quarters of an inch in width.

If you wish a real navy blouse you will choose dark navy blue flannel or bleached cotton drill, trimming the flannel blouses with white linen tape while the cotton blouses have sailor collar and cuffs of dark blue flannel trimmed with the linen tape. Few girls and fewer mothers stick to these ironclad rules, but freely adapt the lines and marking to all materials.

While the regulation sailor blouse with elastic run through the bottom hem to draw it into an overhanging blouse is always good, especially for little children, the middie blouse that

hangs free and straight down is far more popular. In the same way the one time essential plaited skirt is not seen half so often as the plain gathered or gored skirt.

Any undraped gored model, such as is used for tennis skirts or linen suits, is suitable with the middie blouse. A style that buttons all the way up the front makes easy ironing for the heavy cotton suitings. Make an inch and a half facing, work buttonholes through it, and set the buttons two inches apart on the under side to correspond, the first just above the two-inch hem.

The regulation sailor blouse in woolen materials to blouse over a belt is a useful costume for the school girl; indeed, in many boarding schools it is compulsory, so if your daughter intends to go away to school this next fall, write for full particulars as to cut, material, and trimming, as many schools, especially the most fashionable ones, like all these suits of one color and cut; in fact, a uniform.

For quite little children sew the skirt—which is often plaited in side plaits from a front box plait, but is more quickly made when gathered to a sleeveless muslin body to which the shield is sewed. For the summer weight suits it is perhaps better to sew the skirt in a band, with buttonholes to fasten to the under waist and make the shield detachable.

PATTERN EASY TO FOLLOW.

Most patterns for the middie blouse give two length sleeves, and a shield with high or square neck, some have also an outside yoke facing which may or may not be used at pleasure. The regulation sailor skirt is likewise given to gather or plait. These patterns are simple to follow. Take care to mark all notches, to notice if seams and hem are allowed, to put the pattern to the goods with the grain of the material straight, and to baste carefully. When several tailor suits are to be made cut out and fit the first one, rip, mark alterations, and cut the rest from the changed pattern. This saves untold time in fitting.

All of these blouses are made to slip over the head, so do not buy too small a pattern, one a size larger than usually worn is safe.

The seams are finished with a flat fell stitched a quarter of an inch deep; the sleeves, without fullness at top, are set in same way and the bottom finished with an inch to an inch and a half hem. The side seams are slit five inches from the bottom and hemmed back with a narrow hem at each side of these slashes. Sometimes eyelets may be worked for laces of white or colored cotton cord or linen tape, to match those on front of blouse if it is laced below point of collar.

The bottom of the middie sleeve is usually gathered into a two and a half inch band to match cuff and belt when one is worn. Set two buttons an inch in from the edge and fasten cord loops to the other edge, or the cuff may be fastened with buttons and buttonholes. This is set in before the cuff is stitched. Slash up the seam of the sleeve two inches and stitch the seam at the openings with the extensions beyond the edge of the seam. On the top edge turn in a narrow hem and let the under one extend an inch and finish across top and along side with a tiny hem. The cuff is stitched to the end of this extension. Thus a neat closing is made with little trouble.

Our Fashion Department

Address all Pattern Orders to this Paper



9606. Girl's One-Piece Apron.—Every mother appreciates the value of an apron for girls, as a protection to the dress. This simple design is easily made, and will look pretty and neat. It may be of lawn, crossbar muslin, cambric, dimity or batiste, gingham, or percale. The pattern is cut in 5 sizes: 4, 6, 8, 10 and 12 years. It requires 2½ yards of 27-inch material for an 8-year size.

9982. A Popular and Pleasing Style.—Dress with Over Blouse for Misses and Small Women. This attractive model was made of blue and white dotted challie, with batiste for the underwaist. The over blouse may be omitted. The design is also good for linen, lawn, gingham, chiffon or moire taffeta, serge or cashmere. The skirt is cut on graceful lines, and with plaited fullness that may be gathered. It is finished with slightly raised waistline. The Pattern is cut in 4 sizes: 14, 16, 17 and 18 years. It requires 5½ yards of 27-inch material with 2½ yards for the underwaist, for a 16-year size. The Skirt measures about 1¼ yards at lower edge.

9989. Girls' Dress, with Yoke and Sleeve Portion Combined. Blue linen was used for this model. Cuff, collar and belt are finished with buttonholed scallops. The design is pleasing and easy to develop. The sleeve in wrist length is good for a "cool weather" dress. In short length it is ideal for the warm summer days. The fullness of the dress is held in place by the belt. The closing is invisible under the tucks, which form a slot plait at the center front. The Pattern is cut in 4 sizes: 4, 6, 8 and 10 years. It requires 2½ yards of 44-inch material for a 6-year size.

9990. Ladies' Dress with Long or Short Sleeve, and with or without Flounce or Tunic. French linen in a new rose shade, with braiding in self color is here shown. The design offers much in the way of variety. The sleeve may be long or short, with a neat cuff trimming. The skirt may be finished in plain outline with a tuck lap at the center front. It may have a flounce just below hip length, or be finished with tunic and flounce, or a tunic only. The waist is finished in the now so popular blouse style, with set in sleeve. The design is also good for linen, ratine, duvetyn, voile, crepe or taffeta. The Pattern is cut in 6

sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 6½ yards of 44-inch material for the dress in a 36-inch size. If tunic and flounce are omitted it will require 4½ yards. The skirt measures about 1¼ yards at the foot.

9986. A Becoming Stylish Dress for House or Porch Wear. Ladies' House Dress (in Raised or Normal Waistline). Simple gowns of this style are always becoming and pleasing, and may be developed in pretty, inexpensive materials, such as cotton voile, crepe, gingham, chambray, lawn, or percale. As here shown, brown and white checked gingham was used, with trimmings of white. The waist fronts close diagonally under a revers facing. The four-piece skirt has a lap tuck at the back and closes at the side front. The model is equally pleasing in raised or normal waistline. The Pattern is cut in 7 sizes: 32, 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 5½ yards of 44-inch material for a 38-inch size. The Skirt measures 1¼ yards at the lower edge.

9970. A Practical Serviceable Garment. Ladies' Apron. An apron that is easy to make, easy to adjust, and is comfortable and protecting, is surely desirable. The model here shown is ideal for the busy worker. The pockets are ample, and the low neck and deep sleeveless armholes are practical features. The Pattern is good for gingham, lawn, percale, drill, seersucker or sanitas. It is cut in 3 sizes: Small, Medium and Large, and requires 3½ yards of 36-inch material for a Medium size.

A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

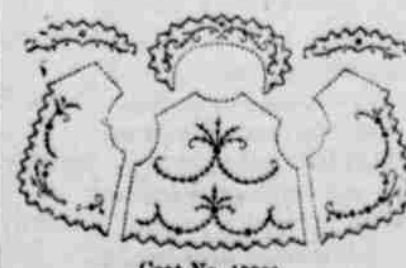
9983. A Simple Frock for Mothers' Girl. Girls' Dress with Yoke and Sleeve Portion Combined, and with Sleeve of two lengths. This design will develop nicely in galatea, linen, corduroy, percale, gingham, chambray, dimity or lawn. The yoke is comfortable and cool with its collarless neck and kimono sleeve. The dress is a one-piece style, with the fullness held in place by a belt. The closing is at the left side front. The long sleeve is finished with a band cuff. The Pattern is cut in 4 sizes: 4, 6, 8 and 10 years. It requires 3½ yards of 36-inch material for an 8-year size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

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Coat No. 17990

Michigan State Sanatorium Howell, Michigan



GROUP OF PATIENTS DRESSED FOR A MASQUERADE.

In our last issue we reminded our readers of how the women patients at the Howell Sanatorium sometimes amuse themselves by masquerading and having a great deal of amusement out of the grotesque costumes, etc., with which they were bedecked for such occasions. In this week's issue you will notice in the cut above that the men folks are having their "innings" for, as you will observe they too are wearing masks and are dressed if not quite as funny, a great deal more foolish, that is from the standpoint of the women folks. Some of our readers possibly see very little if any reason for men dressing themselves up in this way but after all it is an awful handy thing sometimes to wear a mask as it makes some of the older men look as if they might be considerable younger than what they are and it really makes them considerably better looking.